

PLEASANT VIEW SENIOR NEWS

EAST LONGMEADOW COUNCIL ON AGING
328 NORTH MAIN STREET
EAST LONGMEADOW, MA 01028-1870
WWW.EASTLONGMEADOWMA.GOV



CAROLYN F. BRENNAN, DIRECTOR
8:00 A.M. - 4:00 P.M. DAILY
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CBRENNAN@EASTLONGMEADOWMA.GOV

EVENTS AND NEWS . . .

Meals On Wheels
So no senior goes hungry.

“A Tribute to Patsy Cline” Fundraising Event! Donna Lee will perform as Patsy Cline in a Meals on Wheels Fundraiser on **WED, MAY 16th** from **2:00 - 3:00 PM** at the Pleasant View Senior Center. Tickets are \$5 each, which include light refreshments. *Sponsors of the event include East Village Place, Glenmeadow Retirement Community, East Longmeadow Skilled Nursing Center, Redstone Rehabilitation, and Wingate at East Longmeadow.* Raffle tickets will be sold for various prizes.

Farmers Market: Our Farmers Market will be held on **FRI** each week from **1:00 PM to 6:00 PM** in back of the Senior Center, beginning **MAY 25th** and running to mid-fall. Fresh seasonal produce and other

products will be sold. *Farmers interested in being a vendor should call Carolyn Brennan @ 525-5436, ext. 1401.*

Pancake Breakfast: The East Longmeadow Lions Club Pancake Breakfast will be held at the High School cafeteria at 180 Maple Street on **MAY 19th, 8:00 - 11:00 AM.** Tickets can be purchased at the door for \$5 and \$3 for children under ten. Call Mark Beglane @ 525-4463 for information and tickets.

Alice Beal/Tiffany School Alumni: A 50th Anniversary Gala Dinner is planned for **late SEPT or early OCT** at the Elks Lodge on Tiffany Street. Please contact Sarah Tsitso @ 413-262-0288 or sarahtsitso@comcast.net.

Movie Tuesdays: Movies are

on the **2nd and 5th TUES** this month. On **MAY 8th** we will show, “**J. Edgar**” (2 hrs. 17 min.) This movie day will be sponsored by Integra Home Health, and popcorn and beverages will be served. *Please be sure to sign up to secure your seat!* **MAY 29th, movie TBD.**

Friendship Club Events: Come to our own **Kentucky Derby** on **THURS, MAY 3rd** following lunch at **12:30 PM.** Bets will be \$2 and will **ONLY be taken between 10:30 and 11:30 AM that morning.** We ask that everyone wear their own special Derby hat — the bigger the better! Non-alcoholic Mint Juleps will be offered along with other light refreshments. *The Friendship Club is also still accepting jewelry in mint condition to sell for fundraising.*

OUTREACH - JANICE MICHAELIS, B.S., MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5424, JMICHAELIS@EASTLONGMEADOWMA.GOV

Prescription Advantage: The state prescription drug assistance program for seniors and people with disabilities in Massachusetts. You are eligible if you are age 65 or older and either eligible or not eligible for Medi-

care; or if you are under age 65 and meet disability guidelines. No need to wait for open enrollment! Call Prescription Advantage for an application form @ 1-800-243-4636, then press or say 2. *Income limits may apply.*

SHINE Counselor: Charlotte Meyer will see clients at the Senior Center the **first TUES** of each month from **10:00 AM - 12 noon.** Please call 525-5436 for an appointment.

MARK YOUR CALENDARS . . .

NOTE: Please call 525-5436 to register for all programs!

Financial Seminar: Doug Price will speak **WED, MAY 2nd @ 1:00 PM** on the different IRA's, Medicare and Long Term Planning and receiving income you cannot outlive.

Real Estate Workshop: Christine Strohman of Keller Williams Realty will present "How to Sell Your Home for Top Dollar" on **TUES, MAY 8th @ 9:30 AM** when she will discuss the most important factors to consider when preparing your home for sale.

New Quarterly Tax Billing: On **FRI, MAY 11th @ 10:00 AM** in the Media Room, there will be an information session regarding the new quarterly tax billing process. Diane Hildreth, Director of Assessing, and Thomas Florence, Clerk, Collector, Treasurer, will be present to discuss the change from semi-annual real estate tax billing to quarterly tax billing.

It's All About Posturing: Posture can affect your cardiovascular health and the extent to which you experience back pain and lower body pain. Join us for an interactive discussion about posture, balance and movement on **TUES, MAY 15th @ 9:00 AM**. Presented by Anne Eastwood from Wingate of East Longmeadow.

Legal Presentation: Attorney Justin R. McCarthy will give you valuable tips on basic estate planning and then focus on the different ways to distribute real estate after death when he conducts his seminar on **FRI, MAY 25th, 10:30 AM to 12:00 PM**.

Hampden Hearing Center: Dr. Susan Chunyk will discuss the newest solutions for better hearing, including discreet hearing instruments and devices to make telephone communication easier and wireless accessories to make television viewing more enjoyable on **THURS, MAY 31st @ 10:00 AM**.

MGW Spring Walk: Meet at the Senior Center in Forest Park on **WED, MAY 30th @ 10:30 AM**. One and three mile walks available. Bring a picnic lunch to enjoy after the walk. *RAIN or SHINE*.

Memorial Donations: Thank you to those who remembered our Senior Center with donations in memory of: **Jesse Wood:** Italo & Aurelia Gavazzi; **Filomena (Mamie) Miorandi:** Richard & Joanne Lyons, John K. Gurney, Ralph & Donna Miorandi, The Morning Glory Walker; **Robert Crocker:** Larry & Melinda Mandeville, Jeanine Nelson, Harry Grodsky & Co., Bob & Lorraine Pasquale, Sandra Grabierz, Stu & Carol Fuller, Dorcas & Ray Weiner, John & MaryLou Donohue, Margaret Crocker Philibert, Charlotte T. Reed, Ann & Earl Seeley, Barbara Farrell, Louise R. Crocker, and Carolyn Moriarty; **Claire Florian:** The Morning Glory Walkers; **Eileen Chase:** Connie Glassanos.

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HEALTH AND WELLNESS - LISSA FONTAINE, R.N., MON - FRI, 8 AM TO 4 PM, 525-5436, X 1407, LFONTAINE@EASTLONGMEADOWMA.GOV

Balance Workshop: TUES @ 10:00 AM. Matter of Balance Workshop continues through MAY. Full, please contact Lissa to register for next session beginning **JUN 5th**. \$10 fee, includes workbook.

Arthritis Exercise Classes: MON, 10:30 AM; THURS, 9:00 & 10:30 AM. Nominal fee, contact Lissa to sign up. **No classes MAY 28 & 31.**

Limited Mobility Exercise: WED, 10:00 AM, for people with limited mobility and balance. Nominal fee. **No class May 30th.**

Strength and Cardio Class: MON & WED, 9:30 - 10:00 AM. Bring resistance bands and hand weights. **\$3 per month,** payable to Lissa.

Alzheimer's Support Group: 3rd TUES of each month, **3:00 PM. MAY 15th.**

Capuano Care: FREE blood pressure, glucose and total cholesterol screenings, **1st FRI** of each month, **8 - 9 AM.** Fasting required. **MAY 4th.**

Better Hearing Clinic: Baystate Hearing Aid Centers, 3rd WED, 15 min. appoint-

ments from. **10 AM - 12 PM. May 16th.**

Footcare/Pedicare: 2nd TUES of each month, **Cost is \$28, MAY 8th.** Call 525-5436 for appointment.

Fitness Center: Open MON - FRI, 8 AM - 4 PM. Medical clearance required. 20 visits/\$10 (E.L. residents); \$15 others

Blood Pressure: Call Lissa @ 525-5436, ext. 1407 for appt.

FREE HEARING TEST

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ACTIVITIES AND PROGRAMS - SANDY GRABIERZ, PROGRAM AND VOLUNTEER COORDINATOR MON - FRI, 8 AM - 4 PM, 525-5436, X 1406, SGRABIERZ@EASTLONGMEADOWMA.GOV

Art Class: FRI, 10 AM - 12:30 PM w/Jeff Kern. \$15 per class.

Ballroom Dance: 1st & 3rd MON each month, 1:30 PM (\$2.50 pp)

Baystate Deaf Seniors: WED, 10 AM.

Bocce: WED, 10 AM

Book Club: Last TUES/ month, 10:30 AM, Moloka'i, by Alan Brennert

Candaras Rep Visit: 4th THURS @ 11:00 AM

Cribbage: WED & FRI, 10 AM.

Dominoes: FRI, 1 PM.

Exercise: MON/WED, 9 AM/FRI, 8:45 AM. \$3/month or .50/class.

French: WED, 11 AM.

Jewelry Class: 1st MON each month, 9:30 AM, \$3, supplies extra. **No Jewelry class in MAY due to instructor's vacation.** Resumes JUN 4th.

Legal Consultations: 3rd TUES by appt. w/ Attorney Dave Carlson. **Next date is MAY 15th.**

Line Dancing Class: FRI, 4 PM, \$3/class.

Mah Jongg: TUES @ 1:00 PM.

Manicures, Waxing: 2nd THURS w/licensed esthetician. **May 10th.**

Morning Glory Walkers: MON/WED/FRI, 8 AM. Meeting 2nd MON @ 9 AM.

Needlework: FRI, 1 PM

Pinochle: WED, 10 AM

Pitch: MON, begins @ 12:30 PM sharp.

Pool: 8 AM - 4 PM daily.

Scrabble: MON, 1 PM.

Tai Chi: TUES, 9 AM, Free, walk-ins welcome. **First Congregational Church**

Tap Dance: TUES @ 7 PM, Intermediate; 8 PM, Advanced. Six weeks/\$35, \$30 for 60+. Diane Shields, 218-2375.

Trivia: THURS, 10 AM.

Veterans Coffee Hour: 3rd TUES/month @ 9:00 AM. MAY 15th.

Zumba/Zumba Gold: MON, 4 PM, 6 weeks for \$30 or \$5 per class. Kelly Phillips, Instructor.

Please reserve lunch 24 hours
in advance, call 525-5436.
Served 12 noon.

MAY 2012

To reserve van, call 739-7436 or 866-
277-7741. \$2.50 each zone/20 tick-
et pkg, \$47.50, sold in our office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WE ARE Meals On Wheels <i>So no senior goes hungry.</i></p> <p>Paper Recycle</p>	<p>1 Open Faced Hot Turkey Sandwich w/ Gravy</p> <p>SHINE by appt. Balance Workshop 10:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>2 Beef Stroganoff Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Limited Mobility Exer 10:00 Cribbage 10:00 Pinochle 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Financial Seminar 1:00</p>	<p>3 Pier 17 Baked Fish Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 Friendship Club, "Kentucky Derby Hat Contest" 12:00</p>	<p>4 Chicken Pot Pie Walkers 8:00 Capuano Care 8:00 Exercise 8:45 TRIAD 9:00 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>7 Egg Salad on Wheat Sandwich Walkers 8:00 Exercise 9:00 No Jewelry Class today Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Container Recycle</p>	<p>8 Buffet: Ziti, Meatballs, Chicken Drummers, Carrot Salad, Fruit Salad</p> <p>Footcare/Pedicare/Appt. Realtor Workshop 9:30 Balance Workshop 10:00 Movie, "J. Edgar" 12:45 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>9 ***Apple Chicken Sausage Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Limited Mobility Exer 10:00 Cribbage 10:00 Pinochle 10:00 Deaf Seniors 10:00 Bocce League 10:00 Balance Workshop 10:00 French 11:00</p>	<p>10 Chicken Marsala Arthritis Exercise 9, 10:30 Manicures (appt.) Trivia 10:00 Pool Instruction 10:00 Friendship Club, "Westfield COA Choir" 12:00</p>	<p>11 Corn Chowder & Baked Fish Walkers 8:00 Exercise 8:45 Quarterly Tax Billing Presentation 10:00 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>14 Veal Cordon Bleu Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 MGW Meeting 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Paper Recycle</p>	<p>15 Macaroni & Cheese w/Stewed Tomatoes</p> <p>Veterans Coffee Hour 9:00 Free Legal Consultations (appt.) It's All About Posture 9:00 Balance Workshop 10:00 Mah Jongg 1:00 Alzheimer's Support 3:00 Tap Dance 7:00, 8:00</p>	<p>16 Pulled Pork on Roll Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Hearing Screenings 10:00 Limited Mobility Exer 10:00 Cribbage 10:00 Pinochle 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00</p>	<p>17 Baked Stuffed Chicken \$3 Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 Friendship Club, "90+ Birthday Party" 12:00</p>	<p>18 Garden Salad, Salmon Boat Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>21 Shepherds Pie w/ Mashed Potato & Corn Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Ballroom Dance 1:30 Scrabble 1:00 Zumba 4:00 Container Recycle</p>	<p>22 Baked Cheese Lasagna w/Sauce Balance Workshop 10:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>23 Garlic Baked Chicken Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Cribbage 10:00 Pinochle 10:00 Limited Mobility Exer 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00</p>	<p>24 Roast Pork Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 Candaras Rep visit 11:00 Friendship Club, "Trivia Finals" 12:00</p>	<p>25 Fishwich on Roll Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Estate Planning & Real Estate Distribution 10:30 Dominoes 1:00 Needlework 1:00 Farmers Market 1:00 Line Dancing Class 4:00</p>
<p>28 Closed for Memorial Day</p>  <p>Paper Recycle</p>	<p>29 Meat Ball Sub Balance Workshop 10:00 Book Club 10:30 Movie (TBD) 12:45 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>30 ***Bangers & Mashed Potato w/Gravy Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Cribbage 10:00 Pinochle 10:00 No Limited Mobility Exercise 10:00 Deaf Seniors 10:00 Bocce League 10:00</p>	<p>31 Beef Pot Roast No Arthritis Exercise 9:00, 10:30 Trivia 10:00 Pool Instruction 10:00 Hampden Hearing Speaker Dr. Chunyk 10:00 FC Board Meeting 10:00 Friendship Club, Election for Officers and "BINGO" 12:00</p>	<p>1% Milk served daily</p> <p>***Indicates high sodium</p> <p>Menu subject to change</p>